

What is norovirus?

Norovirus is a highly contagious virus that can cause diarrhea, vomiting, and stomach pain in people of all ages.



Two childcare workers and a child play with blocks.

Why do I need to stay home?

- Norovirus often spreads to others when people do not properly wash their hands after touching animals or poop, or before making food.
- While most people feel better after 1–3 days, virus may be in your poop even after you don't feel sick anymore, which can make others sick.
- Illness spreads easily in some situations including food service, childcare, and healthcare.
- Norovirus may cause very serious illness. We want to keep those we care for healthy!

If you work or attend a high-risk setting, extra exclusions may apply.



Food service: Utah Food Code requires the following before you return to work:

- Written **documentation** from a doctor stating employee is virus-free,
- or wait **48 hours** after diarrhea and vomiting have stopped,
- or wait **48 hours** after positive test if no symptoms are present.



Childcare:

- Stay home until diarrhea and vomiting have stopped. This includes **kids** who attend childcare facilities and **childcare workers**.
- If you give medication or have food handling duties, follow food service guidelines above.



Healthcare and long-term care facilities:

- Stay home from work until diarrhea and vomiting have stopped.
- If you give medication or have food handling duties, follow food service guidelines above.

These are general guidelines. Your local health department may have additional requirements for returning to work or childcare.
<https://ualhd.org/>.